

# **The Big Picture on Food as Medicine across the U.S.: Where does Kansas Fit In?**

Presented by Carmen Byker Shanks, PhD & Chris Long, PhD  
Gretchen Swanson Center for Nutrition

March 31, 2023

The Nutrition Incentive Program Training, Technical Assistance, Evaluation, and Information Center (NTAE) is supported by Gus Schumacher Nutrition Incentive Program grant no. 2019-70030-30415/project accession no. 1020863 from the USDA National Institute of Food and Agriculture.

# About Gretchen Swanson Center for Nutrition



## Connect with us:

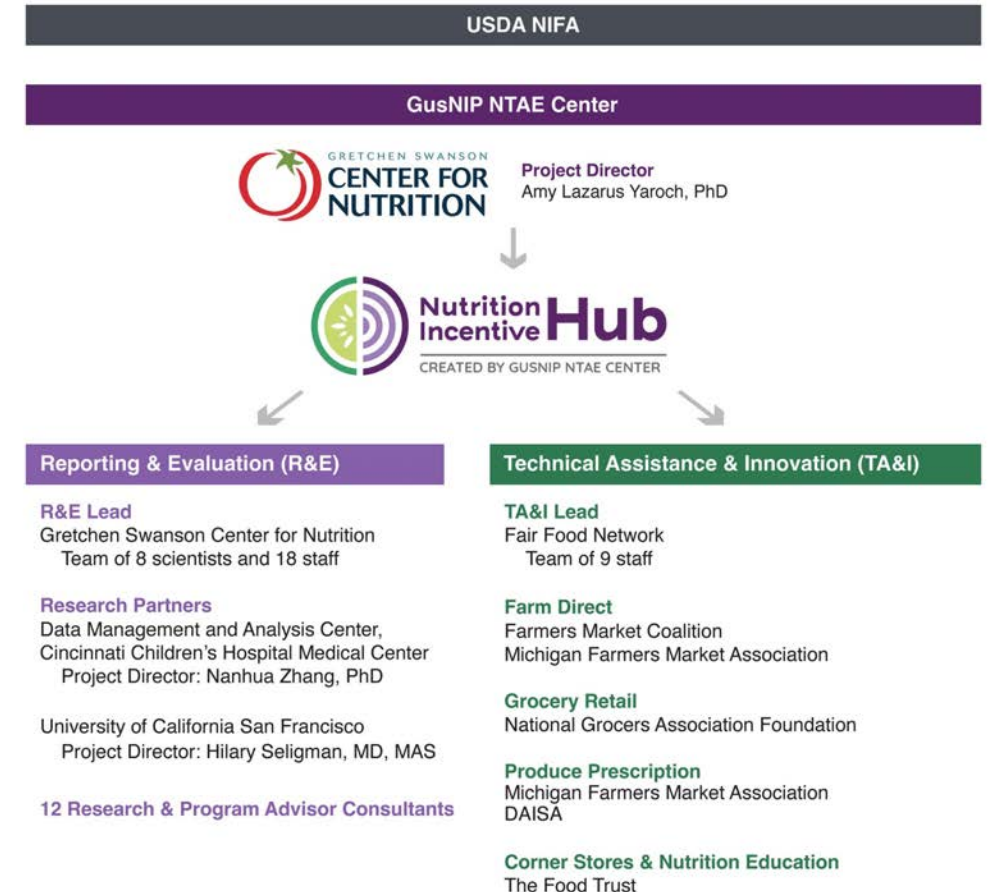
- ✧ Website: [www.centerfornutrition.org](http://www.centerfornutrition.org)
- ✧ LinkedIn: Gretchen Swanson Center for Nutrition
- ✧ Twitter: GretchenSwanson

- ✧ Founded in 1973, the Gretchen Swanson Center for Nutrition is a national nonprofit research institute providing expertise in measurement and evaluation to help develop, enhance and expand programs focused on healthy eating and active living, improving food security and healthy food access, promoting local food systems and applying a health equity lens across all initiatives. The Gretchen Swanson Center works nationally and internationally, partnering with other nonprofits, academia, government and private foundations to conduct research, evaluation and scientific strategic planning.



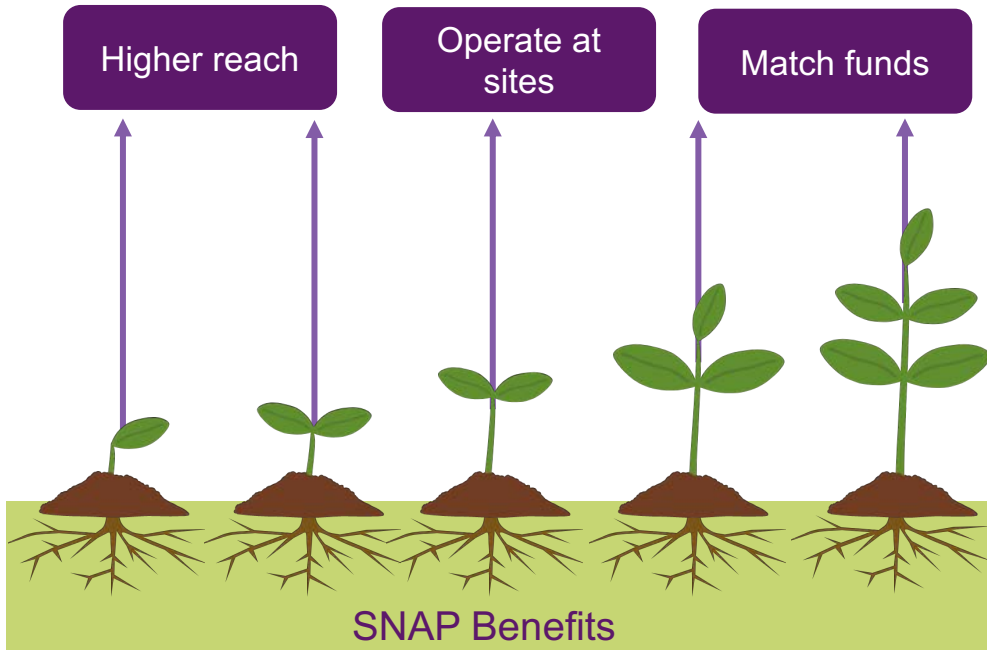
# Nutrition Incentive Hub: Coalition of Partners

- **Gretchen Swanson Center for Nutrition**
  - Leading the Nutrition Incentive Program Training, Technical Assistance, Evaluation, and Information Center (NTAE)
  - Leading reporting and evaluation
  - Headquartered in Omaha, 46 remote employees across 25 states
- **Fair Food Network**
  - Leading technical assistance and fostering innovation
  - Based in Michigan



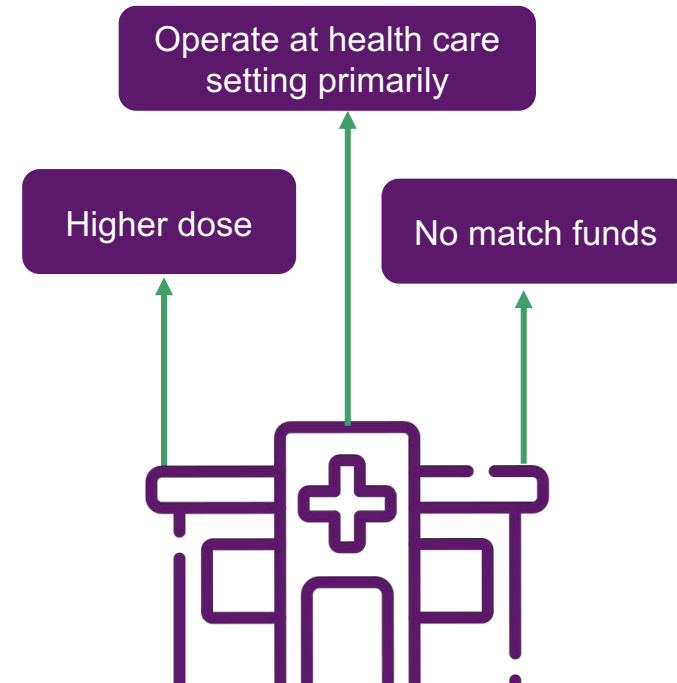
# GusNIP Project Types

Benefits:  +  + 

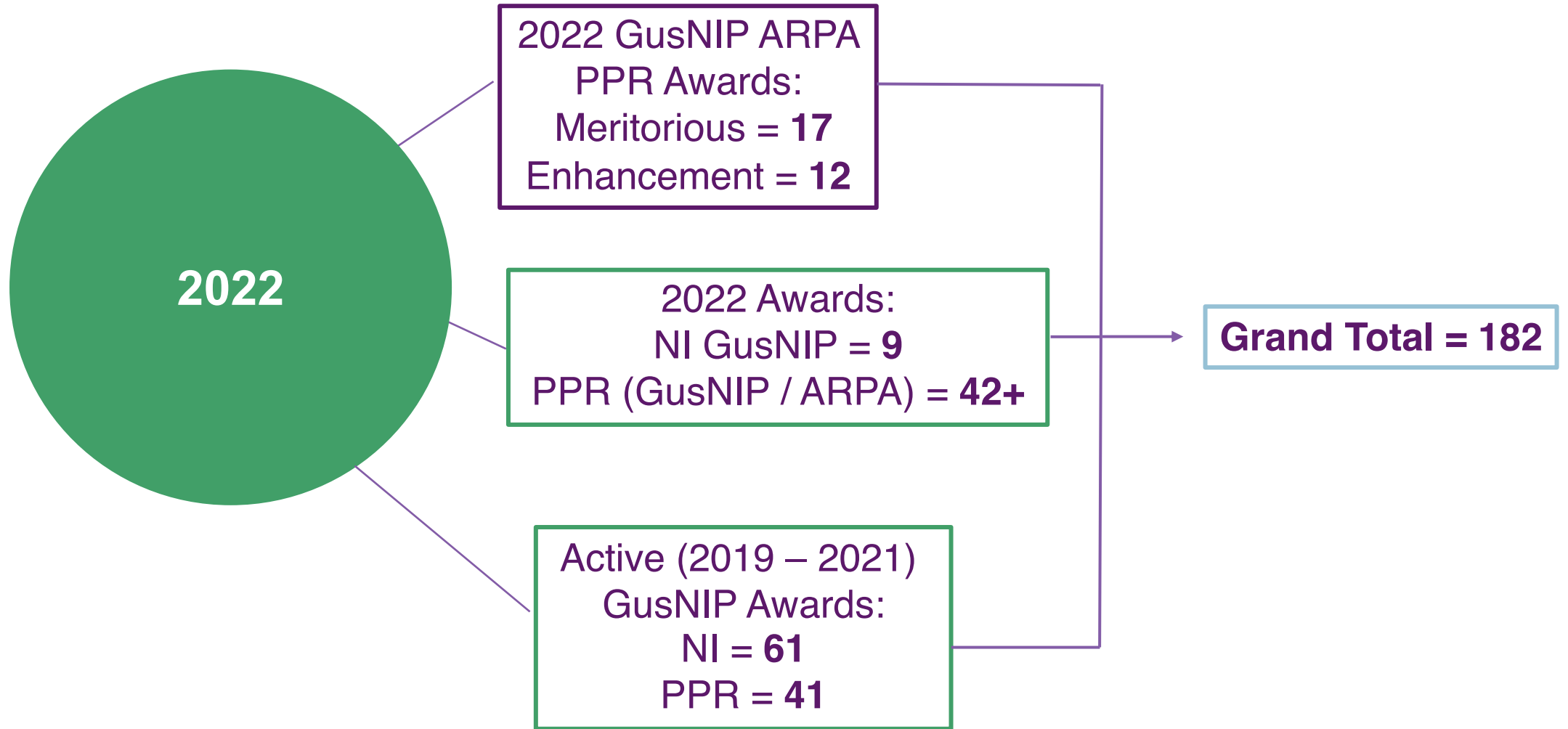


Nutrition incentive projects provide incentives to purchase fruits and vegetables among individuals using Supplemental Nutrition Assistance Program (SNAP) benefits

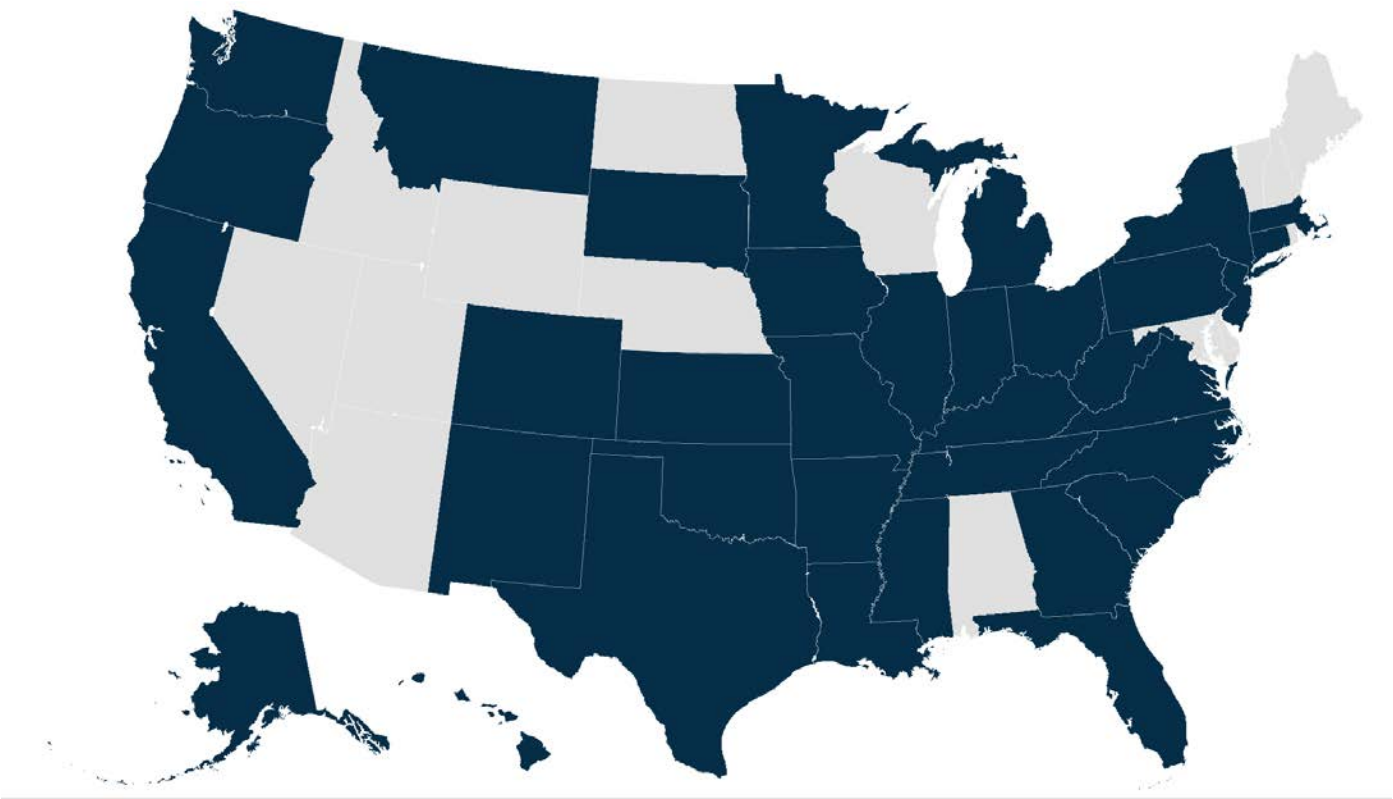
Benefits:  +  + 



Produce prescription projects provide incentives in the form of prescriptions to purchase fresh fruits and vegetables among individuals with low income and at heightened risk for diet-related chronic disease



# GusNIP Produce Prescription Funding Across the United States

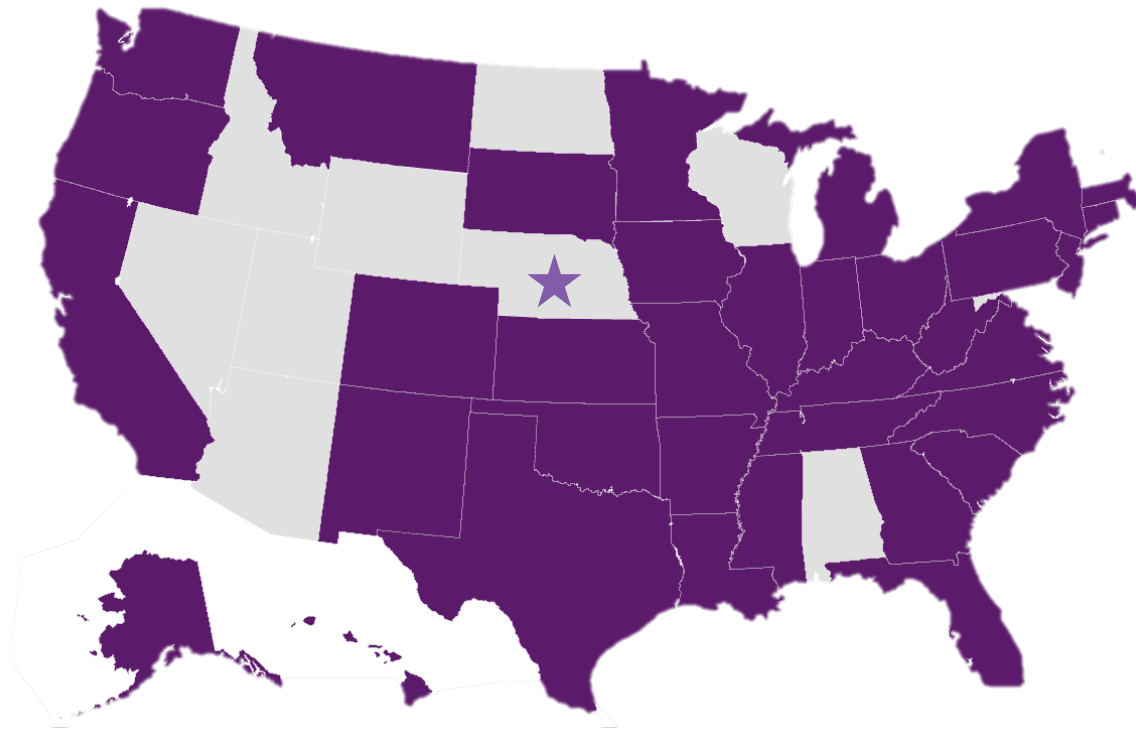


PPR Projects	116
Unique States	36
Urban	35 grantees
Rural	19 projects
Urban & Rural	36 projects
Tribal	2 projects



# Kansas Grantees

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Community Health Center  
of Southeast Kansas



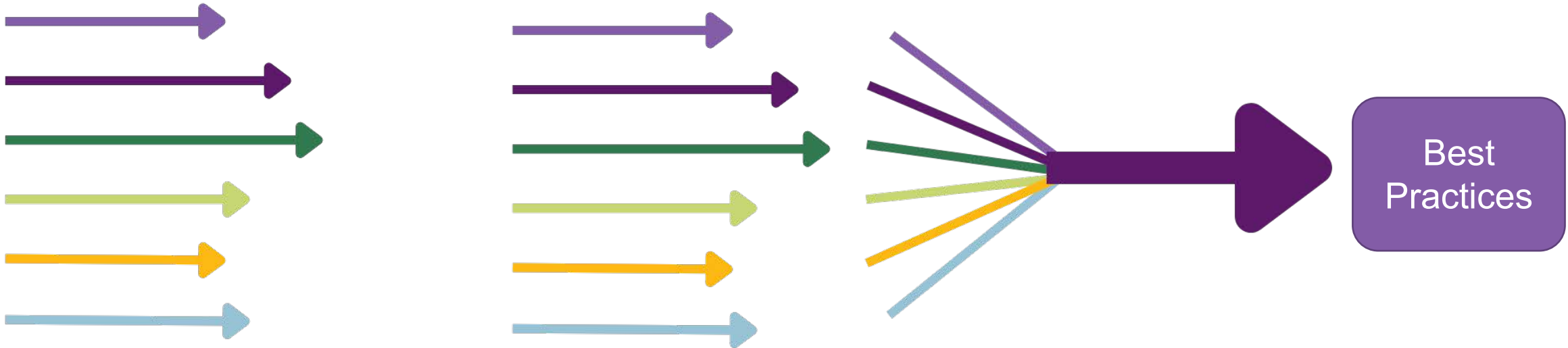
Food = Health



**Nutrition  
Incentive Hub**

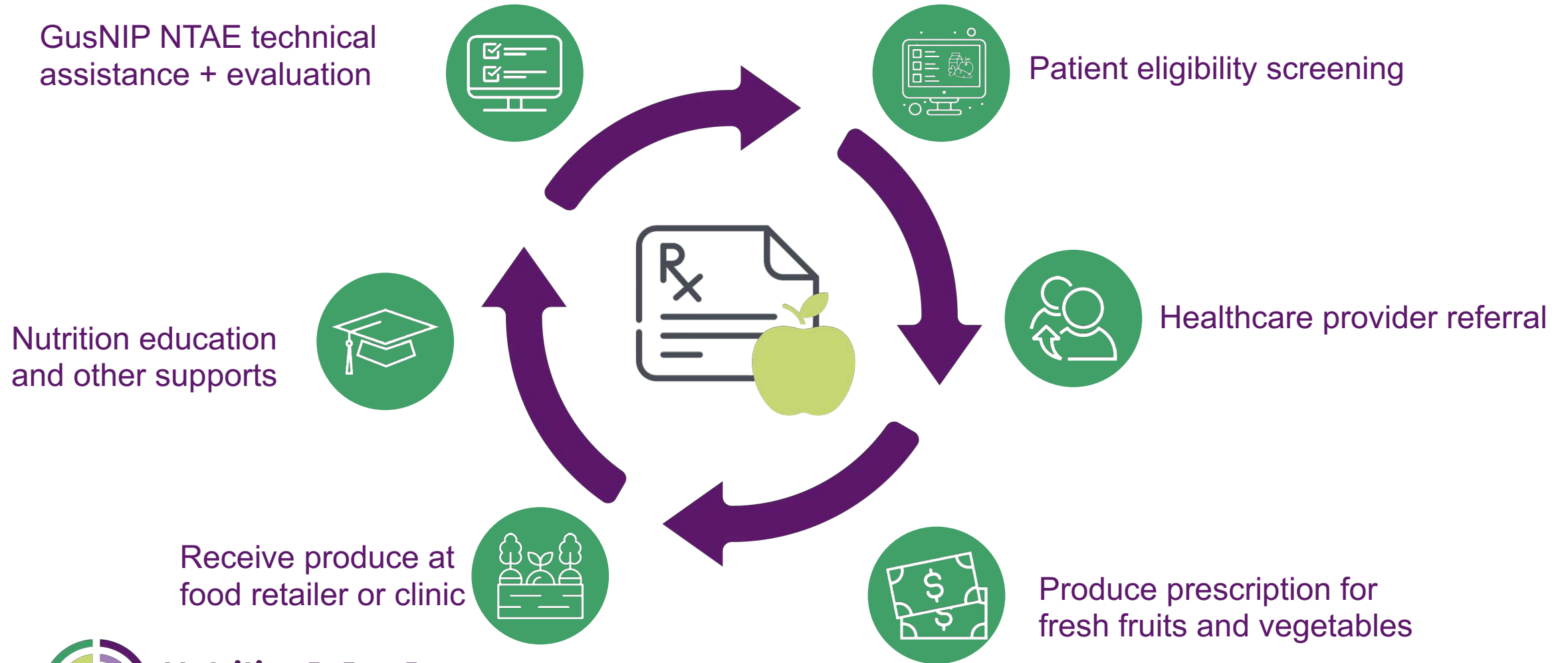
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# An Opportunity for Shared Learnings





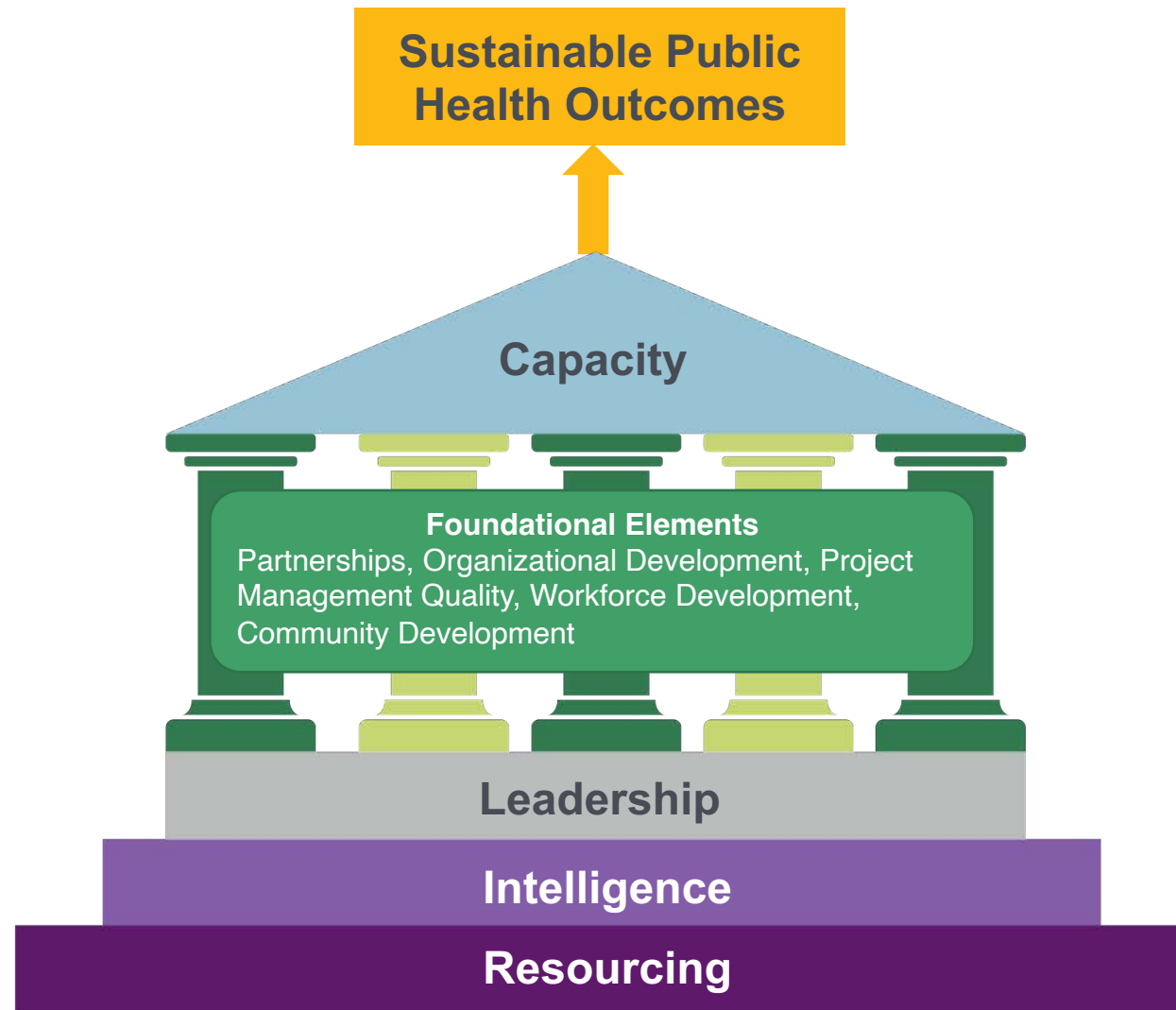
# How GusNIP Produce Prescriptions Typically Work



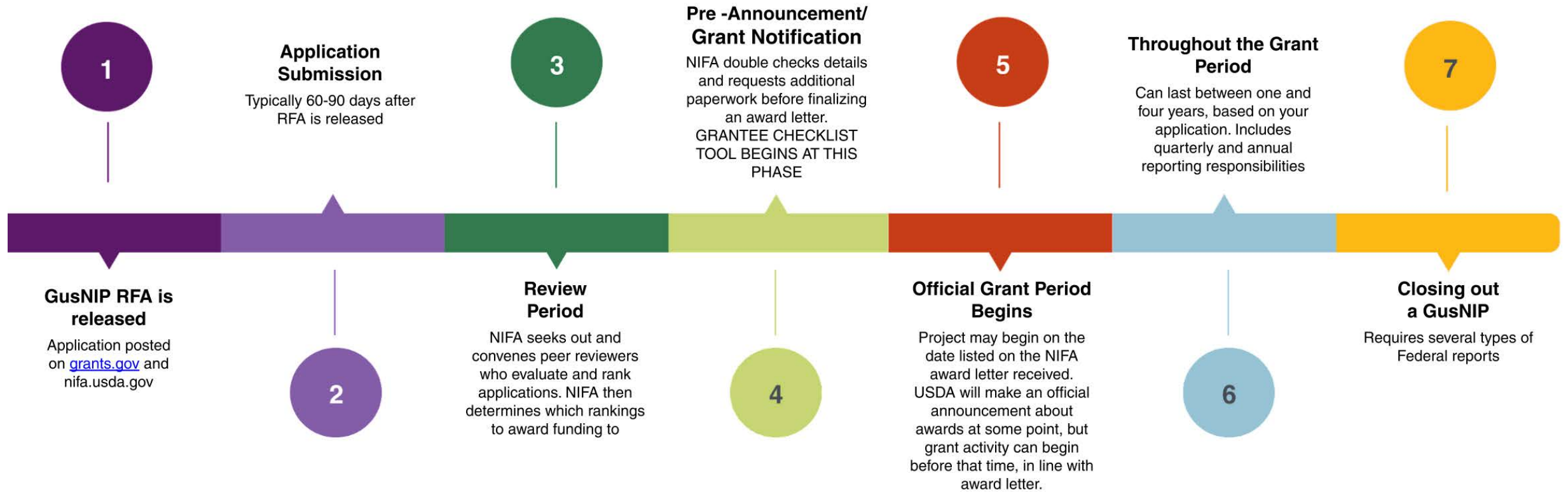
**Nutrition  
Incentive Hub**

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# Building Capacity to Deliver a Produce Prescription Project



# GusNIP Grantee Timeline



Building capacity along the way through information, technical assistance, evaluation support



# Capacity Building & Innovation Fund

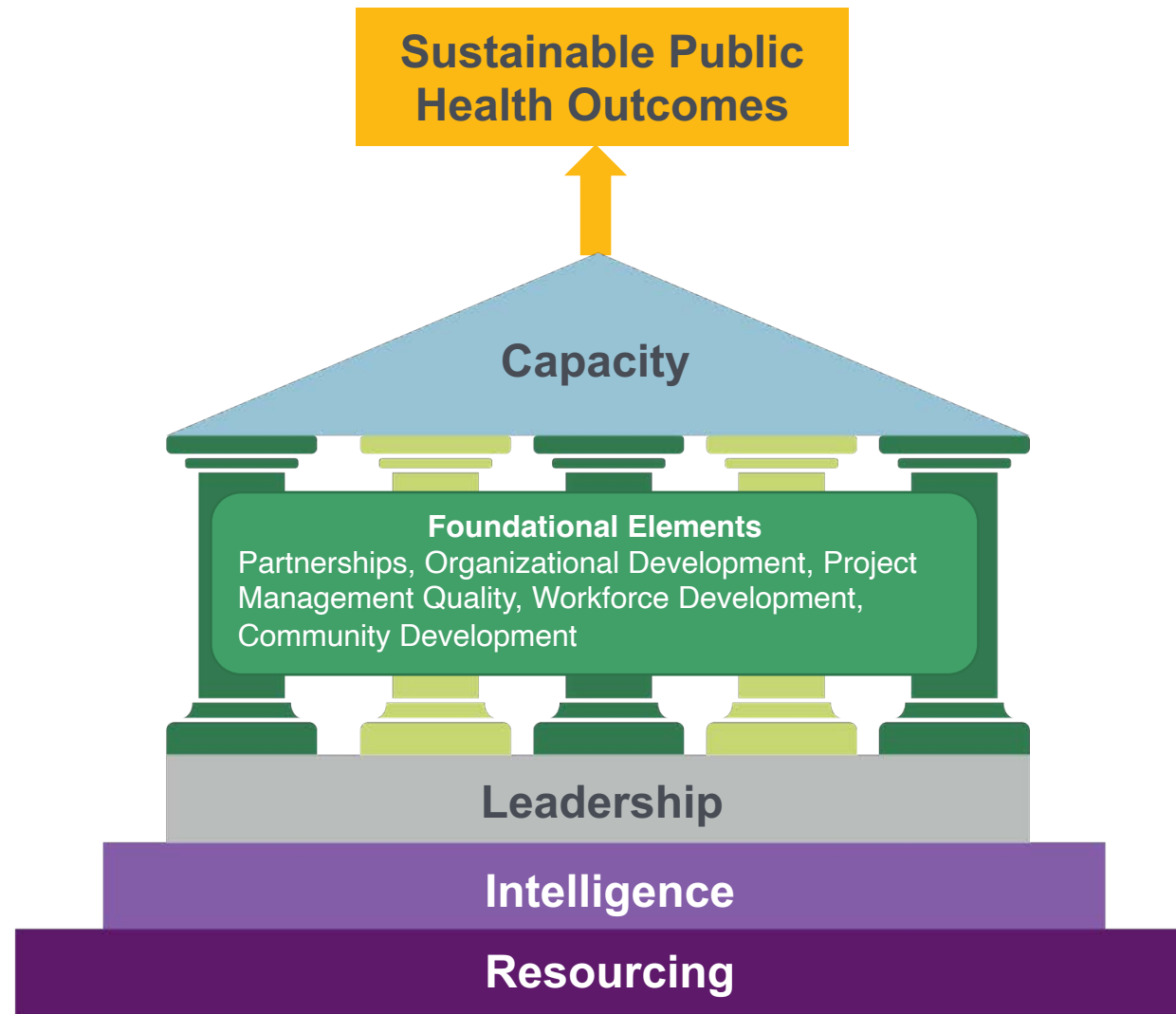
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## NTAE Capacity Building & Innovation Fund – Application Support Grant

The Nutrition Incentive Program Training, Technical Assistance, Evaluation, and Information Center (NTAE) is pleased to make available grants between \$5,000 and \$25,000 each for capacity building support to **organizations who have not yet applied to or not yet successfully been awarded a [Gus Schumacher Nutrition Incentive Program \(GusNIP\)](#) or Food Insecurity Nutrition Incentive (FINI) award.**

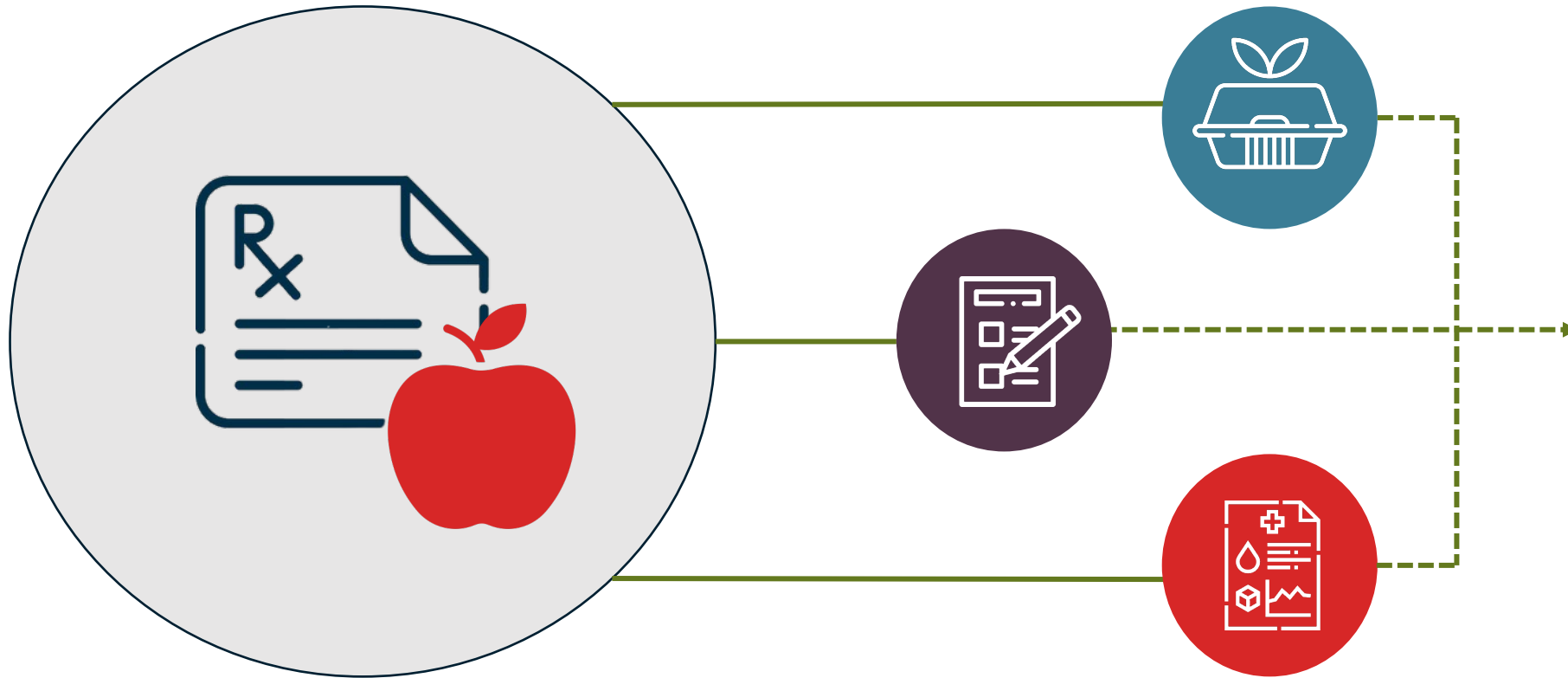
- **Application Now Open:** <https://www.tfaforms.com/5022125>
- **Informational Webinar:** Tuesday, January 17, 2023 from 1 - 2 pm EST / 10 - 11 am PST [Please Register](#)
- **Application Deadline:** Monday, February 13, 2023
- **Award Notification:** Week of 2/27/23

# Applying Learnings: Building Capacity to Deliver Food as Medicine



- Human, financial, and infrastructure resources
- Knowledge to develop strategies and resolve issues
- Leadership from all sectors to support the vision
- Diverse partnerships in healthcare, food and agriculture sector, funders, policy, payers/insurers
- Project management that provides ongoing technical assistance, evaluation, and information to improve
- Engagement with communities for localized buy in and implementation
- Workforce capacity and competency to deliver the program

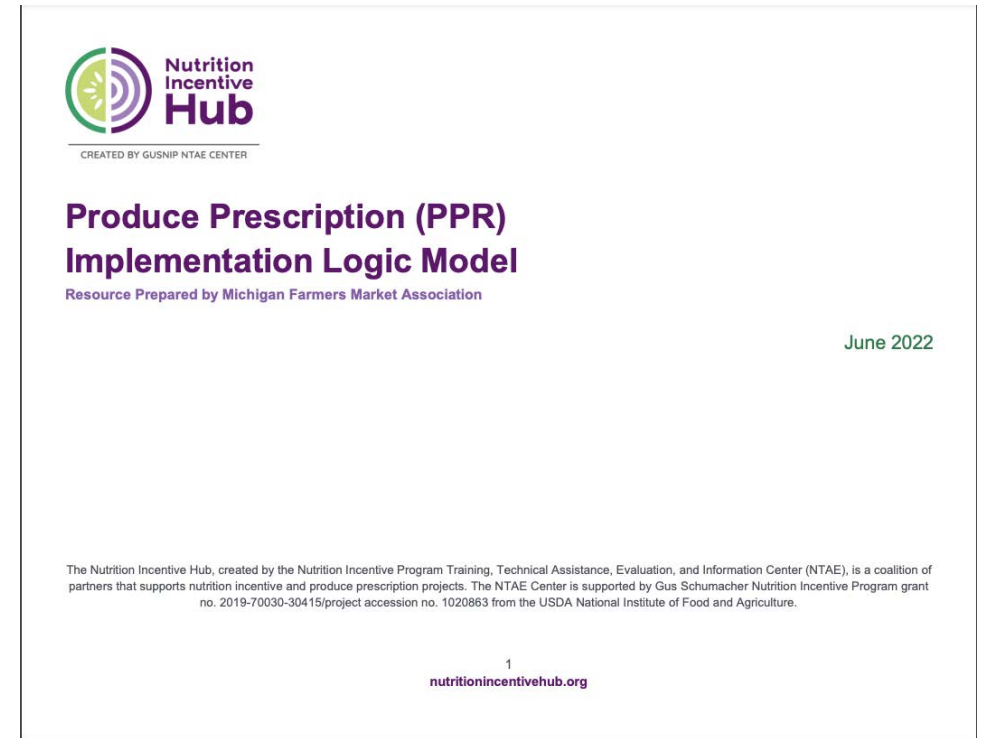
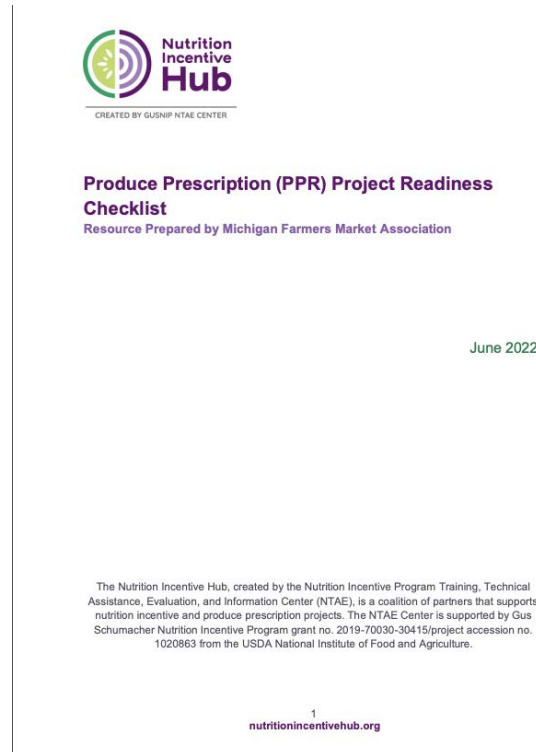
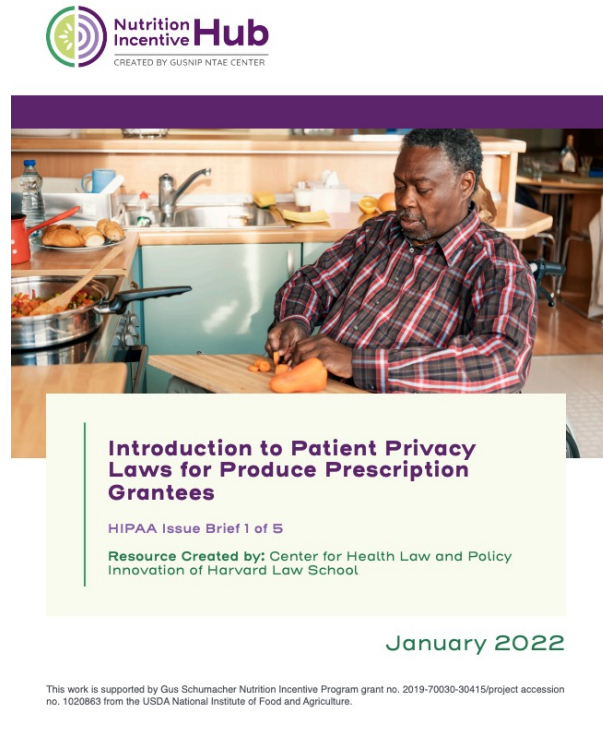
# Emerging Best Practices Across the Food as Medicine Field



This is new and innovative. We are part of a systems and cultural shift that needs strategies, resources, and solutions across a variety of settings, populations, and partnerships.



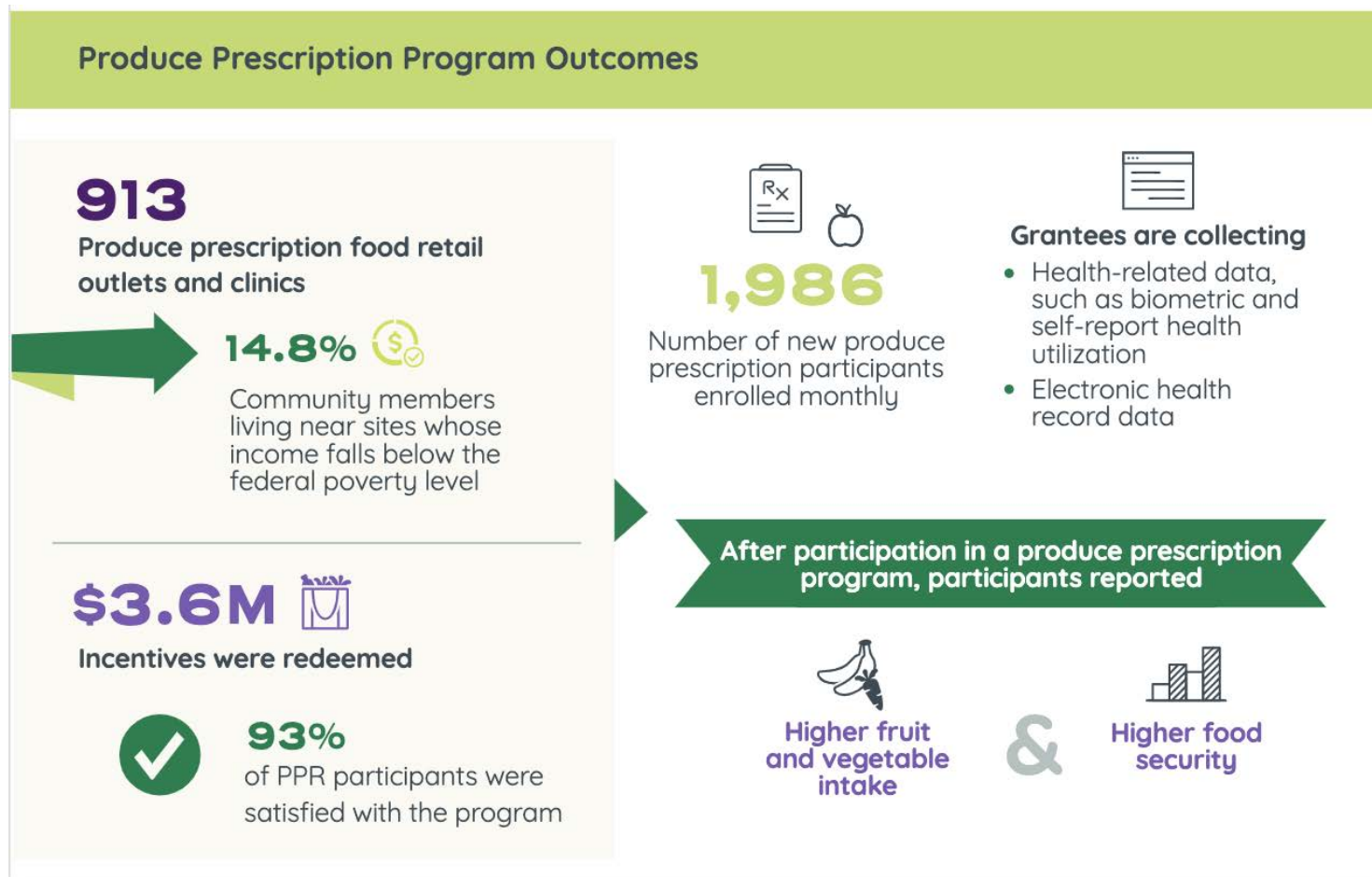
# Publicly Available Best Practice Resources for Everyone



Visit the Nutrition Incentive Hub website [nutritionincentivehub.org](https://nutritionincentivehub.org) for additional resources



# Evaluation Helps to Demonstrate Impact Across A Variety of Projects at Different Capacities



**Nutrition  
Incentive Hub**

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# Framing Food as Medicine's Role in Supporting Social Determinants of Health



It's not just  
the food!!

# Leveraging Food as Medicine to Holistically



Improved patient care, clinic culture, community economic impact

# Let Us Help You Apply to GusNIP

## Application Templates and Guides (More Resources Coming Soon)

 The Business Plan Template

 USDA GusNIP Grant Program - Produce Prescription 2023 RFA Checklist

 2023 PPR Application Formatting Guide

 2023 GusNIP Produce Prescription Narrative Template

## Evaluation Resources

 Understanding, Creating, and Using Logic Models

 Produce Prescription (PPR) Implementation Logic Model

 GusNIP Logic Model Template 1

 GusNIP Logic Model Template 2

## Budgeting and Match Funding

 2023 Considerations for Building Evaluation Costs into a GusNIP Budget

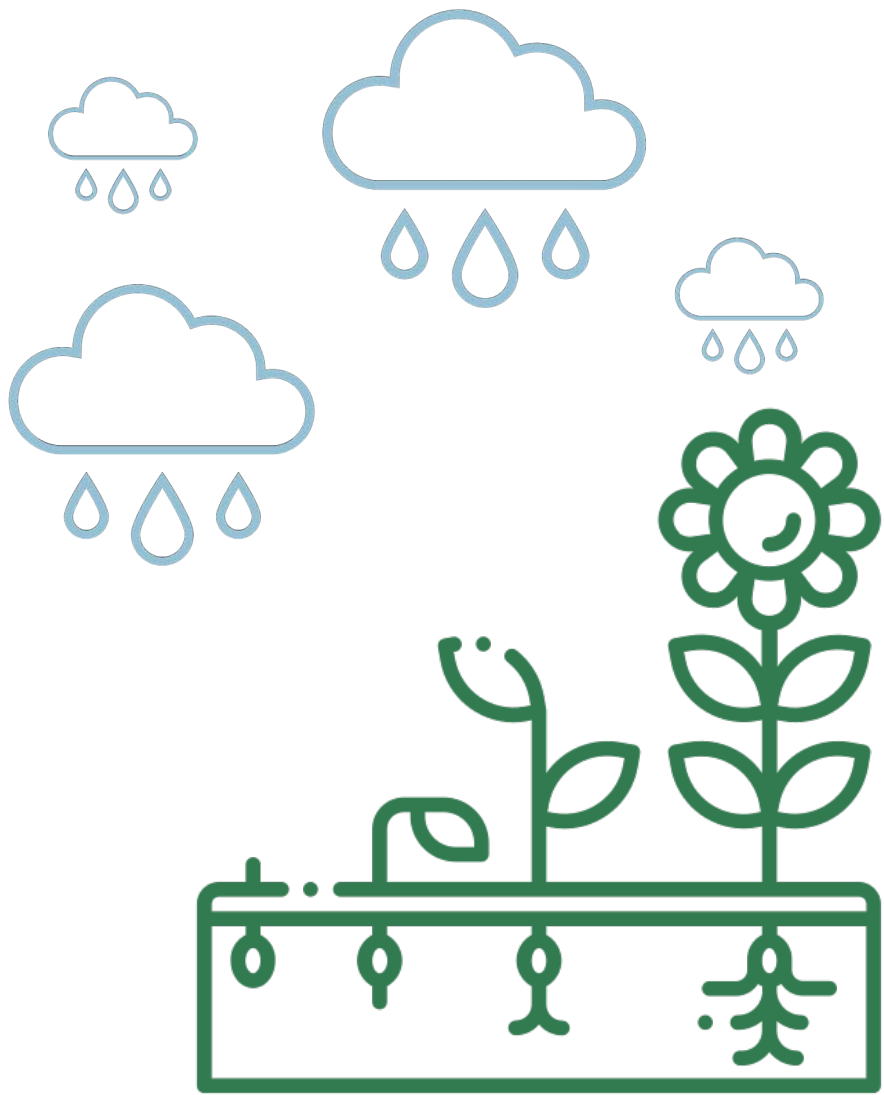
## Need Assistance?

To schedule a one-on-one session with a GusNIP Application Specialist, please email [TA@nutritionincentivehub.org](mailto:TA@nutritionincentivehub.org)

[Email Us](#) >



Visit the Nutrition Incentive Hub website [nutritionincentivehub.org](https://nutritionincentivehub.org) for additional resources



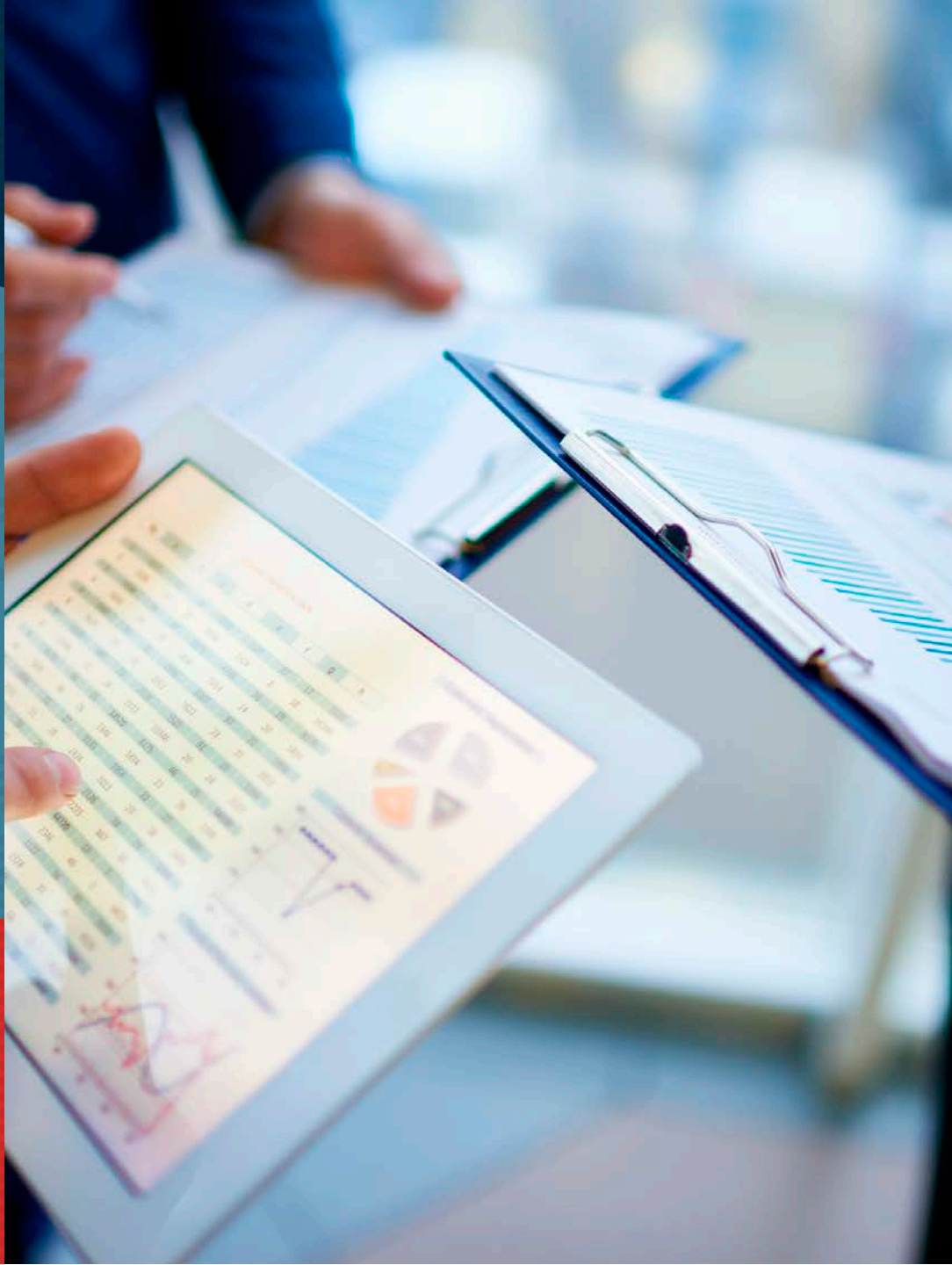
- Diverse and sustainable funding that values building capacity, pre-implementation, implementation, and evaluation
  - For example, resources for staffing AND food
- Sources of food that fit local geographies
- Multi-sector partnerships willing to try innovative strategies and solutions
- Leadership that is invested in health equity

# Growing Food as Medicine Together



# Where Does Kansas Fit into Food as Medicine?





## NIH in Food as Medicine: Home Food Delivery for Diabetes Management in Patients of Rural Clinics

- ★ Rural clinics reach communities experiencing:
  - ★ high prevalence of food insecurity and type 2 diabetes
  - ★ difficult access to diabetes support resources
- ★ Our project tests home delivery of 12 wks of diabetes-friendly groceries on glycemic, psychosocial, and cost-effectiveness outcomes
- ★ RCT with 400 patients with food insecurity, diabetes, and a rural Arkansas residence





## Philanthropy in Food as Medicine: Food as Medicine 3

- ★ Partners: Elevance Health Foundation and Feeding America
- ★ 21 regional food bank and health care system partnerships
  - ★ Food insecurity screening followed locally designed intervention
    - ★ Food and/or nutrition education and/or SNAP etc. enrollment support
    - ★ Mobile food markets, in-clinic produce stands, tailored meal boxes, etc.
- ★ Data sources: Baseline and follow-up surveys, EHR extraction (some sites), Elevance claims data (some sites)
- ★ Metrics: food security, fruit and vegetable intake, household economics, health, and health care utilization
- ★ Goal: Learn about the impacts, challenges, and required resources for food as medicine programs across a variety of settings and partnerships.



# Where does your clinic fit into Food as Medicine?

## BIDEN-HARRIS ADMINISTRATION NATIONAL STRATEGY ON HUNGER, NUTRITION, AND HEALTH

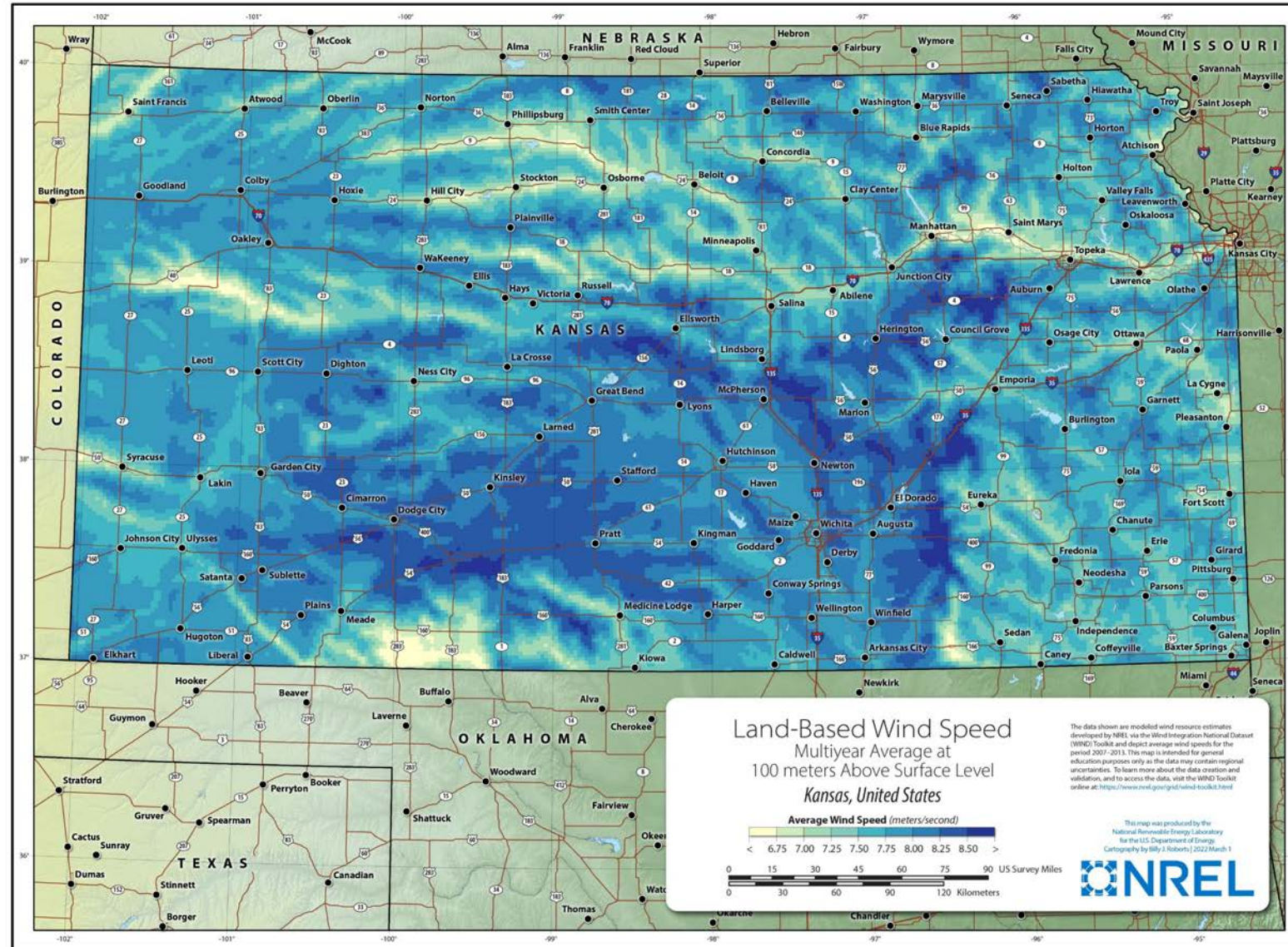
SEPTEMBER 2022



**Expand Medicare and Medicaid beneficiaries' access to “food is medicine” interventions.** “Food is medicine” interventions—including medically tailored meals and groceries as well as produce prescriptions (fruit and vegetable prescriptions or vouchers provided by medical professionals for people with diet-related diseases or food insecurity)—can effectively treat or prevent diet-related health conditions and reduce food insecurity.<sup>33</sup> The Biden-Harris Administration supports legislation to create a pilot to test covering medically tailored meals for individuals in traditional Medicare who are experiencing diet-related health conditions. This proposal builds on a demonstration initiative in Medicaid, where HHS Centers for Medicare & Medicaid Services (CMS) will provide authority for states to test Medicaid coverage of additional nutrition services, and supports using Medicaid section 1115 demonstration projects. HHS CMS will also issue guidance on how states can use section 1115 demonstrations to test the expansion of coverage for these interventions.



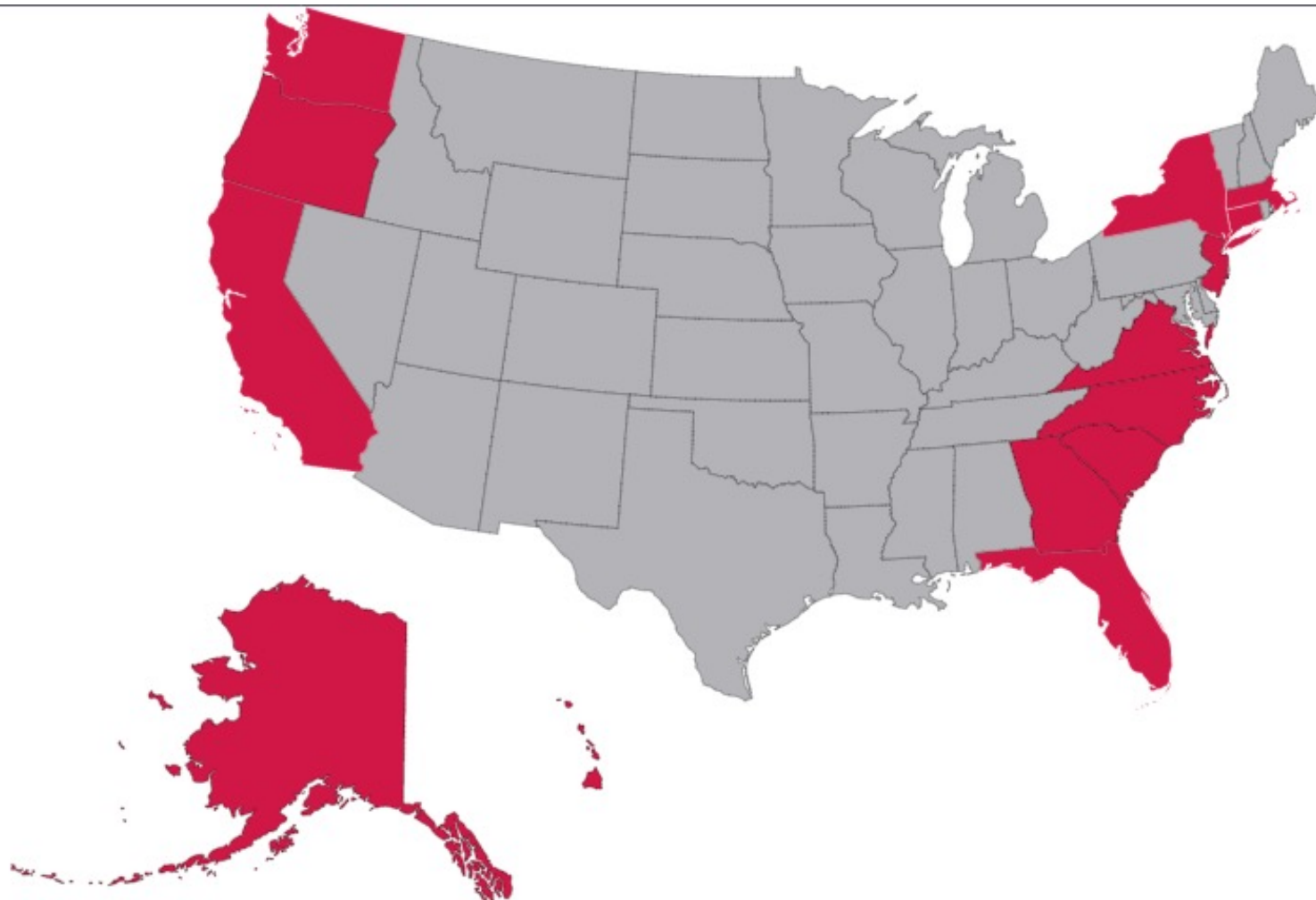
# Where does Kansas Fit into Food as Medicine?



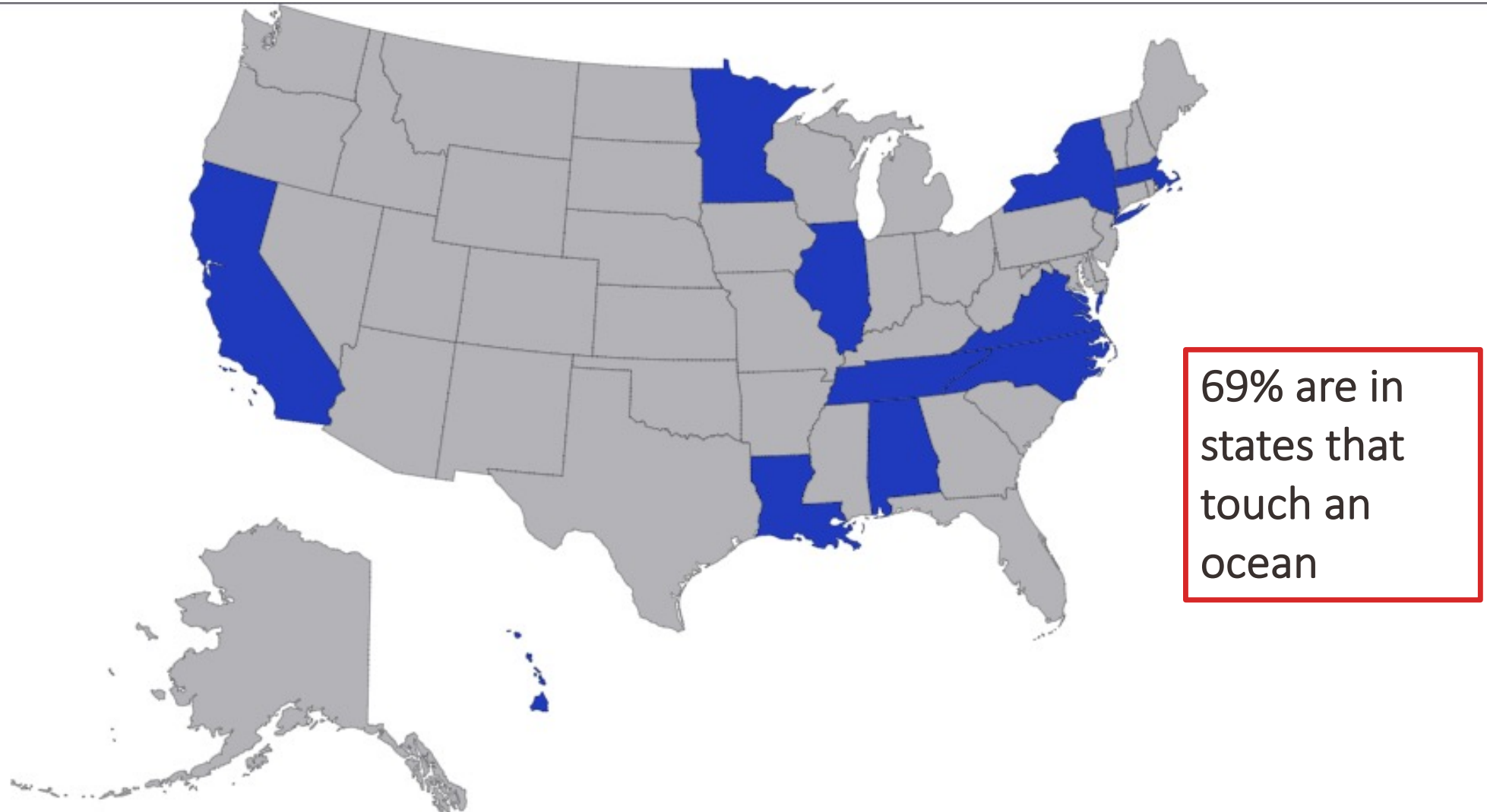
Kansas  
does not  
touch an  
ocean!

## 54% of GusNIP Produce Prescription Grantees Serve States that Touch an Ocean

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## NIH *Nutrition for Precision Health* Research Centers



Source: <https://commonfund.nih.gov/nutritionforprecisionhealth/fundedresearch>

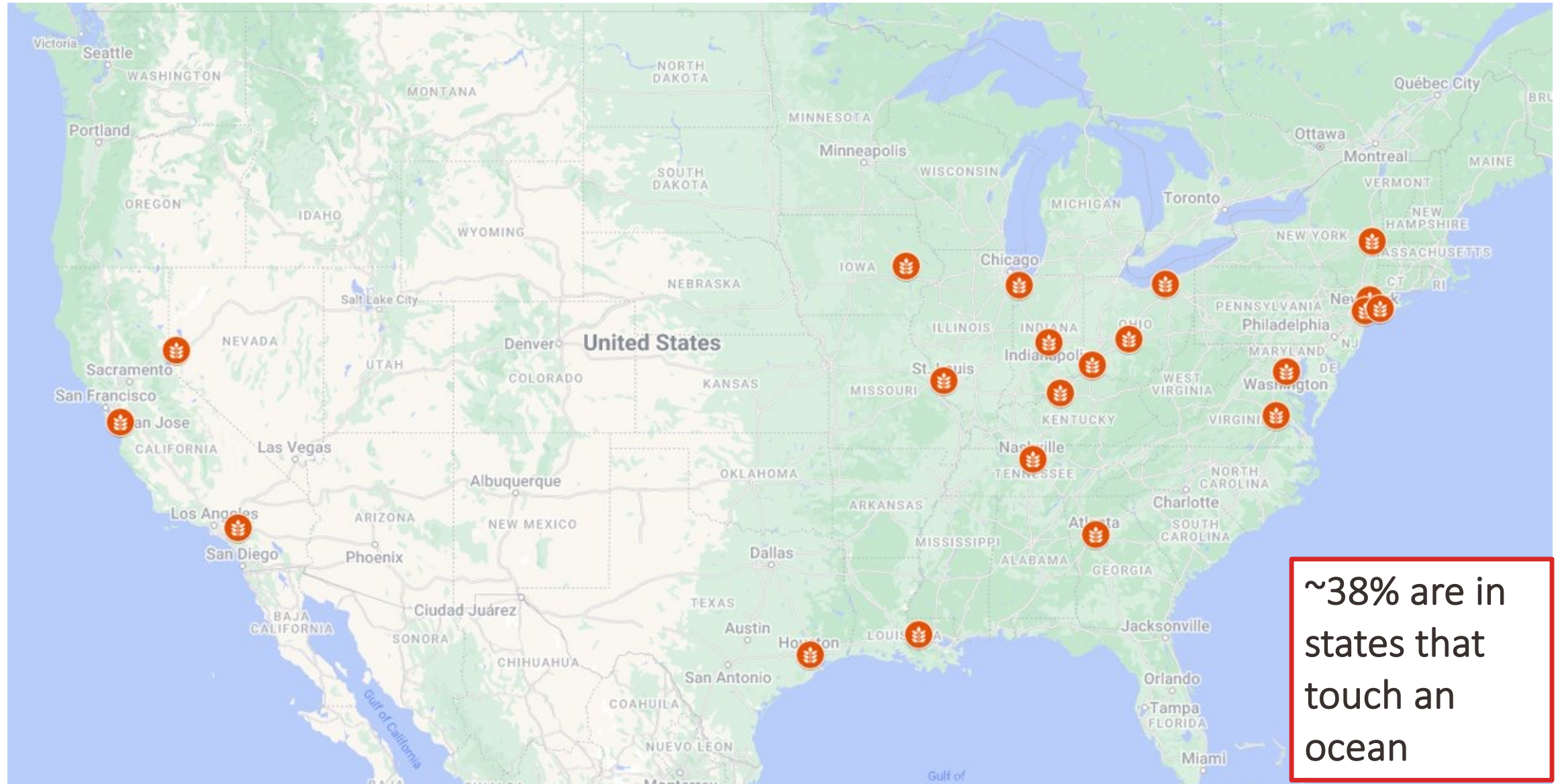


~33% are states that touch an ocean

~33% are states that touch an ocean

Source: <https://www.nigms.nih.gov/Research/DRCB/IDeA/Pages/default.aspx>

## FAM3 Food Bank/Health Care Partnerships







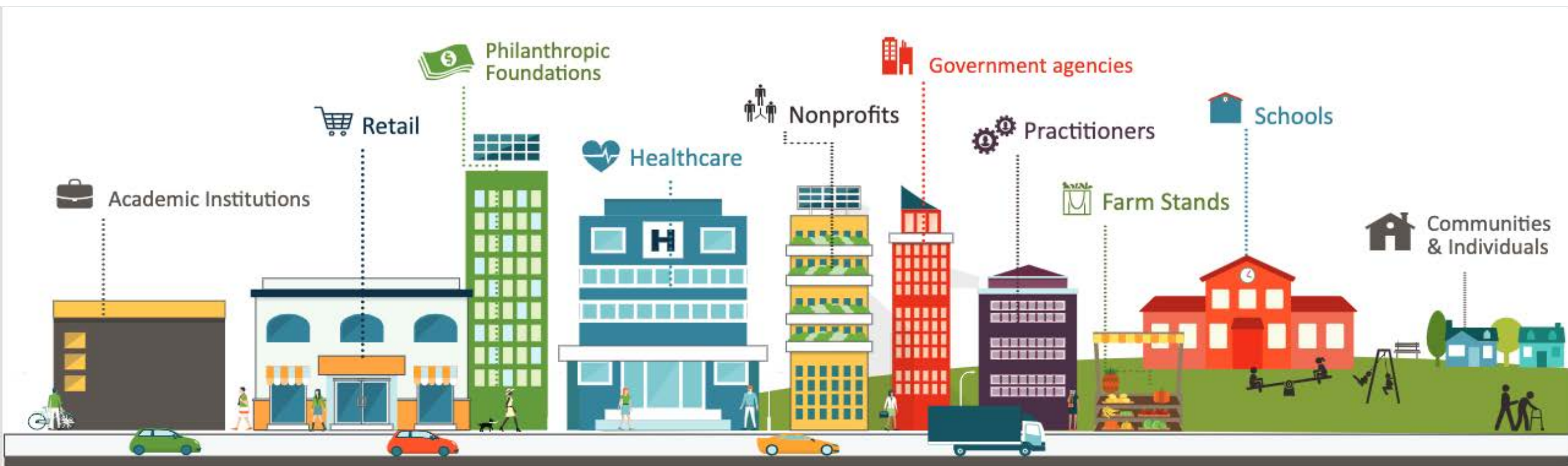
# We all need to hear from Kansas!

- ✧ Does not touch an ocean
- ✧ Has six innovative and diverse Food as Medicine programs
- ✧ Opportunity to learn what works in different contexts and communities within a single state policy environment
- ✧ Opportunity to evaluate Food as Medicine in a relatively conservative midwestern state
- ✧ Opportunity to inspire your neighbors

# What can Kansas Teach Others?

- Where will the **food** in Food as Medicine come from?
  - Local/regional growers, the food bank system, large national grocery retailers, meal box shippers?
- What will be food banks' role?
  - Partners or just another food source who gets referrals from clinics?
- Who will benefit from Food as Medicine?
  - Local/regional growers, local/regional grocers, payers/insurance industry, large national retailers, meal box shippers, community members/patients?
- Can we improve quality of life and save health care cost?
  - Building relationships with patients vs. saving money on patients?
- How will we know if Food as Medicine is working?
  - Food security, F&V intake, health outcomes, health care utilization
  - Quality of life for patients, quality of life for clinic teams, economic impact on communities
- How will Food as Medicine be funded in a relatively conservative state?

# Who Has a Key Role to Play in Food as Medicine in Kansas?





## Carmen Byker Shanks, PhD RDN

Principal Research Scientist  
Gretchen Swanson Center for Nutrition

[cbshanks@centerfornutrition.org](mailto:cbshanks@centerfornutrition.org)

[www.centerfornutrition.org](http://www.centerfornutrition.org)

## Chris Long, PhD

Principal Research Scientist  
Gretchen Swanson Center for Nutrition

[clong@centerfornutrition.org](mailto:clong@centerfornutrition.org)

[www.centerfornutrition.org](http://www.centerfornutrition.org)

# Questions

